



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 1-05-2012)

Visit us at www.fns.usda.gov/fdd

100284, 100285, 100286 – APPLES, FRESH, SLICED, UNPEELED, POUCHES

Nutrition Information

Apples, raw, with skin

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">Fresh sliced apples are U.S. No. 1 or better.Each ready-to-eat pouch contains unpeeled sliced apples that are washed, cored, and trimmed.
PACK/YIELD	<ul style="list-style-type: none">100284: 100/2 oz pouches per case. Each case weighs 12.5 lbs.100285: 64/2 oz pouches per case. Each case weighs 8 lbs.100286: 200/2 oz pouches per case. Each case weighs 25 lbs.One 2 oz pouch AP provides ½ cup fruit.
STORAGE	<ul style="list-style-type: none">Store fresh sliced apples in the refrigerator at 32 to 38 °F until ready to serve.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.Use by the date shown on the package.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none">Apples may be consumed directly from the package without washing or other preparation.

	2oz (56.7 g)
Calories	29
Protein	0.15 g
Carbohydrate	7.83 g
Dietary Fiber	1.4 g
Sugars	5.89 g
Total Fat	0.10 g
Trans Fat	0 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Iron	0.07 mg
Calcium	3 mg
Sodium	1 mg
Magnesium	3 mg
Potassium	61 mg
Vitamin A	0 RE
Vitamin A	31 IU
Vitamin A	2 RAE
Vitamin C	2.6 mg
Vitamin E	0.10 mg



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USES AND TIPS	<ul style="list-style-type: none">• Fresh sliced apples are ready-to-eat and may be served at breakfast, lunch, or as a snack.• The apples may be used in cold mixed fruit dishes or salads, or over hot or cold cereal, or served with yogurt dips.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Keep refrigerated until ready to serve.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.